

SPoon BREAD

- 1½ cups boiling water
- 1 cup self-rising cornmeal
- 1 tablespoon margarine or butter, melted
- 3 eggs, separated
- 1 cup buttermilk
- 1 teaspoon sugar

Heat oven to 375 degrees. Stir boiling water into meal till mixture is lukewarm. Blend in margarine or butter and egg yolks. Stir in buttermilk and sugar. Beat egg whites just until soft peaks form, fold into batter. Pour into a greased 2-quart casserole. Bake until knife inserted near center comes out clean. 45 minutes. Serve warm with margarine or butter.

Mrs. Boster's recipe:

PLANTATION SPOON BREAD

- 1 quart milk
- 1 cup corn meal
- 2 tablespoons butter
- 1½ teaspoons salt
- 1 teaspoon sugar
- 1 teaspoon baking powder
- 4 eggs, well beaten

Scald milk in top of double boiler. Gradually stir in corn meal and cook until thickened. Add butter, salt, sugar and baking powder. Add hot mixture slowly to eggs, stirring constantly. Pour into greased 2-quart casserole. Bake at 425 degrees for 45 minutes. Serve at once. Makes 8 servings.



We have two answers to the request for a cinnamon syrup as a topping for apple pie.

From Mrs. Arthur Kincaid Sr. of Huntington:

CINNAMON SAUCE

- 1 cup sugar
- 1 tablespoon cornstarch
- ½ teaspoon ground cinnamon
- 1 cup water
- Few drops red food color if desired
- 1 tablespoon margarine or butter

Mix sugar, cornstarch and cinnamon in saucepan. Stir in water and food color. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in margarine. I use this on apple dumplings. Hope it is what she is looking for; it's very good.



CONTACT training

CONTACT, a telephone ministry, will conduct one in a series of training classes from 7 to 10 p.m. tomorrow at the Pea Ridge Methodist Church, 5747 Pea Ridge Road. Registration for the training sessions is \$20 a person, or \$35 for a couple. The course will be taught on Thursday evenings through Oct. 30 and on Saturday and Oct. 5. **CONTACT** provides 24-hour service

Cooking class